

York House Tigers



Sr. School Extra-curricular Athletic Information

Fall Athletic Season (Sept. - Nov.)

The fall season begins immediately in September. Be ready on the first days / week of school.



Volleyball: try outs and team selection at all levels. (Sept.-Nov.)
Training Camp for Jr. & Sr. Volleyball Teams (gr. 9-12)
Aug. 31 - Sept 4 @ 2-4:00pm

Sr. Volleyball (gr. 10-11-12) Try outs run Sept. 8-11 Time: 5-7pm
Jr. Volleyball (gr. 9-10) Try outs run Sept. 8-11 Time: 3:30-5pm
Bantam Volleyball (gr. 8) Try outs start Sept. 10-11, then continue Sept. 14-16 Time: 3:30-5pm.



X-Country: all students can participate. No cuts. (Sept.-Oct..)
Sr. X-Country (gr. 8-12)

Meeting Sept. 9. Practices will start week of Sept. 14.
Athletes can join x-country by Sept. 18 if they tried out for volleyball or field hockey and did not get a spot on the team.

Field Hockey: try outs and cuts may be necessary. (Sept.-Oct.)

Sr. Field Hockey (gr. 8-12)

Tryouts run Sept. 8-11, may continue Sept. 14-15 @ 3:30pm - 5.00pm



Swim Team: all students can participate. No cuts. (Sept.-Nov.)

Sr Swim Team (gr. 8-12)

Practices are Tuesday & Thursday mornings (6:30-7:45AM) at St. George's pool starting Sept. 15, ending with BC Championships Nov. 21.

Badminton Team: all students can participate (Oct.-Feb.)

Training will start in mid September date TBA.

Team selection for ISA Tournament (Oct. 30-31) may follow.

Student Coaches: Jr. School teams (Gr. 5, 6 and 7 volleyball, swim, x-country & soccer teams).

Student coaches may receive NCCP training during the first term.

Managers: needed for all teams. Please attend the first team practices & speak to the coach.

Officials: volleyball scorekeepers, lines keepers are needed. Attend the meeting during the week of Sept. 14-18 to volunteer. You can collect all your community service hours here at YHS.

Referees: If you would like to become a paid referee, attend the meeting during the week of Sept. 14-18 and you can receive training and certification to referee for pay.

Winter Athletic Season (Nov.-Feb.)

Basketball 'open gyms' will run in the fall. Students planning to play basketball during the winter are encouraged to come to preseason 'open gyms'; especially if they are not playing a fall sport.



Basketball: Teams grade 8-12. Will start in early November. Team selection at all levels.

Ski Team: grade 8-12. Open for experienced skiers only. No training provided but the team competes at races at Whistler.

Water Polo Team (Co-Ed): grade 8-12. They train and compete with St. George's. All practices at STG pool.

Squash Team may run during the winter months with one tournament in Feb / March. Practices at VLTC.

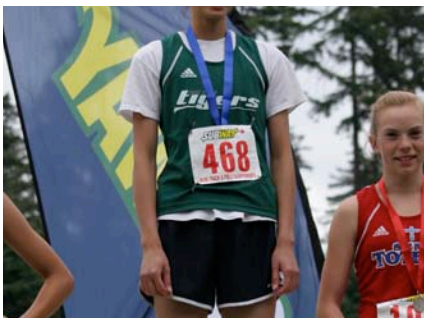
Track and Field Training for grades 8-12 *may* begin in late January- Feb. Unlimited participation.

Student Coaches for Jr. School basketball and swim teams are needed.

Officials & Referees (scorekeepers) are needed for home basketball games / tournaments. Some training for basketball referees will also be provided but not certification.

Managers for all basketball teams are needed.

Spring Athletics Season (March - June)



Track and Field for grades 8-12. No Cuts. Training may start in January / February and the season will begin in March and run until the BC's in June.

Ultimate for grade 8-12 will start in March.

Jr. Team: Grade 8-10 - Try outs and team selection.

Sr Team: Grade 10-12 - Try outs and team selection.

Soccer for grade 8-12 will start in February with drop in training sessions on our turf running throughout the year.

Jr. Team: Grade 8-10 - Try outs and team selection.

Sr Team: Grade 10-12 - Try outs and team selection.

Managers for soccer and track teams are needed.

Student Coaches for Jr. School track & field is needed.

Basketball spring league for grades 8-11. Will start in April.

Volleyball open gyms for grades 8-11. Will start in May.

There will be other training opportunities throughout the year (soccer, ultimate, goaltimate, ABC'S) that will be posted in morning announcements and on athletic boards.

Any questions? Email me at athletics@yorkhouse.ca

Thank you and have a great summer. D. Prissinotti (Athletic Director)

